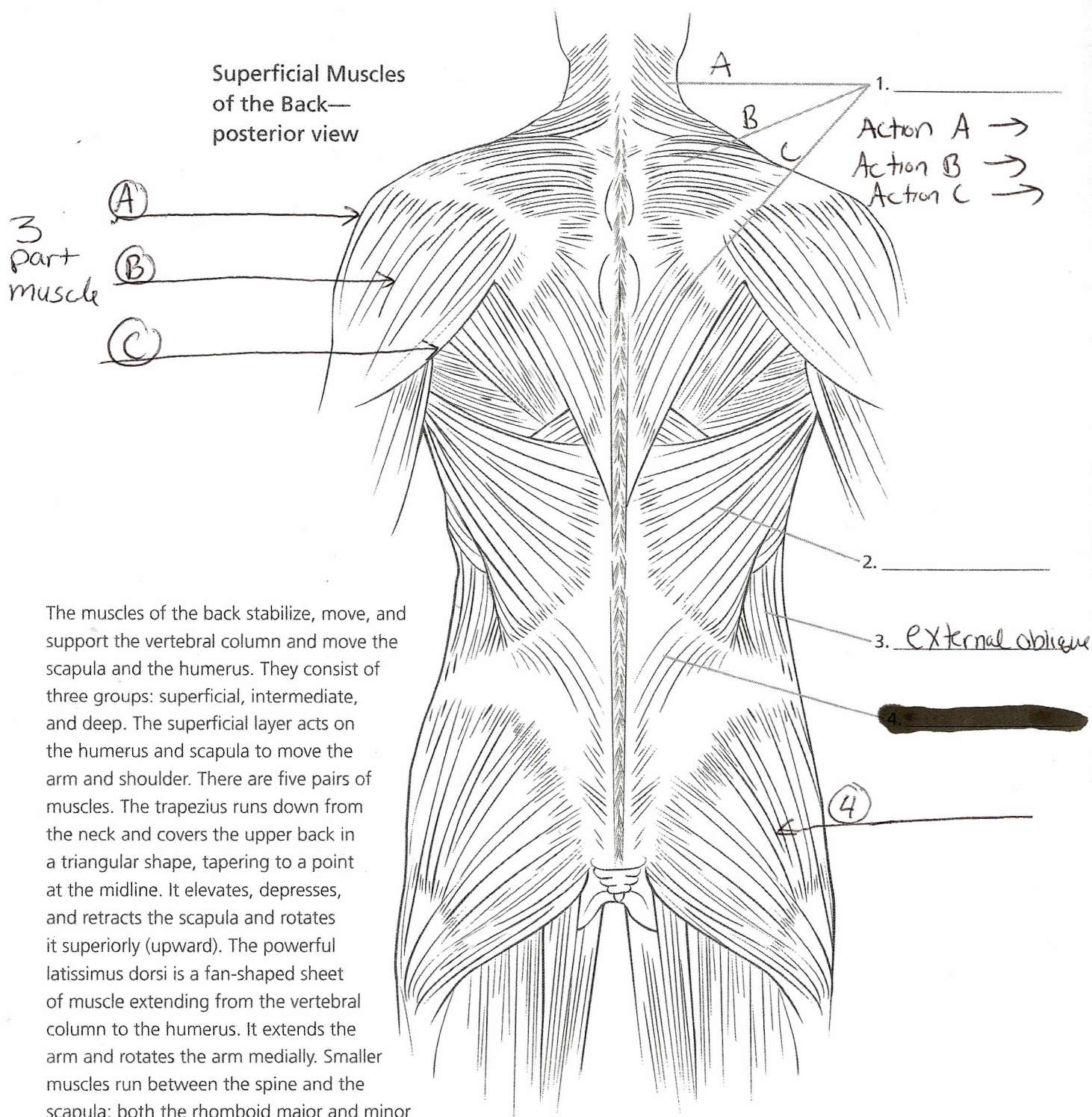


Identify The muscle & Give The Action

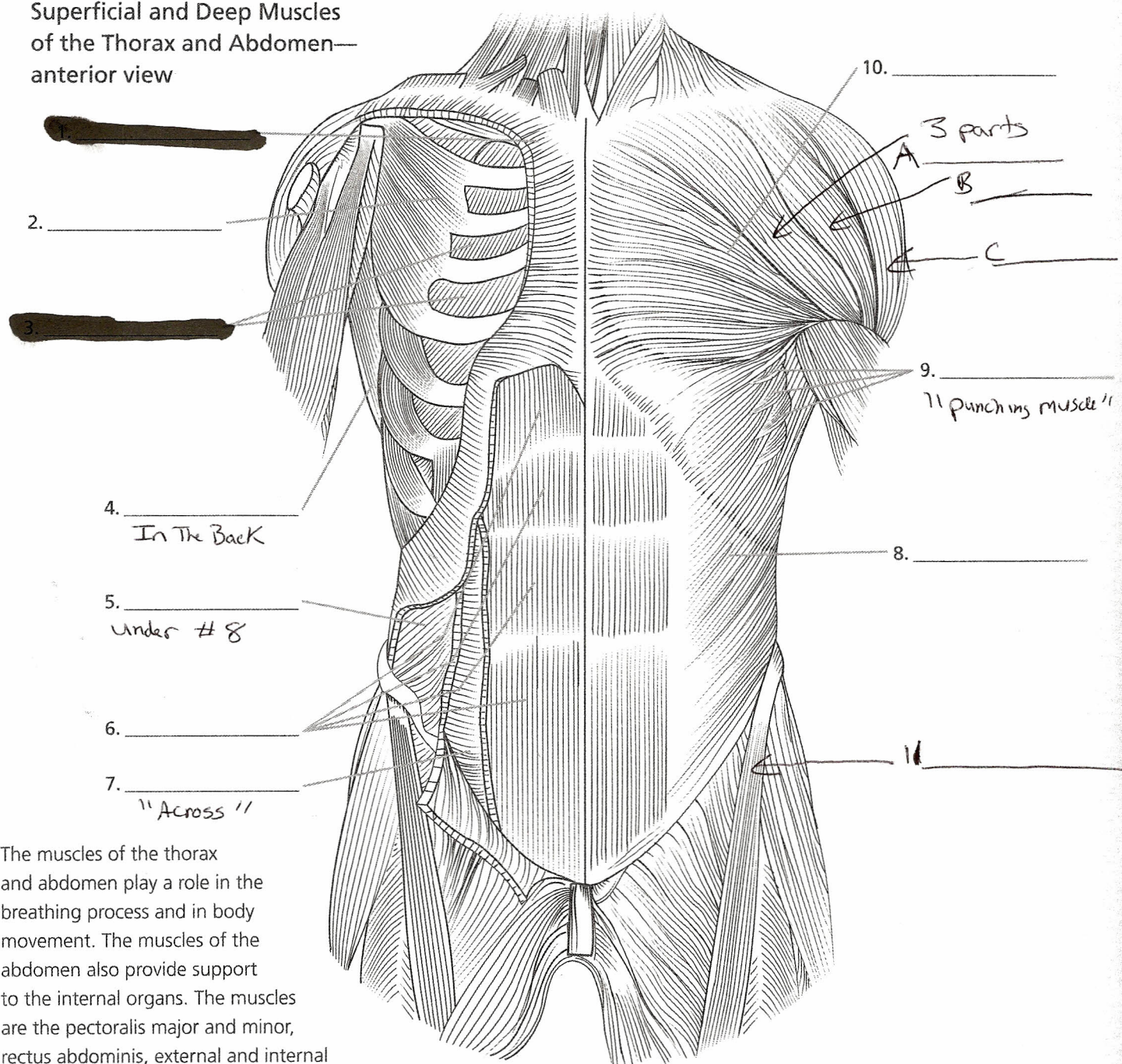
Muscles of the Back



The muscles of the back stabilize, move, and support the vertebral column and move the scapula and the humerus. They consist of three groups: superficial, intermediate, and deep. The superficial layer acts on the humerus and scapula to move the arm and shoulder. There are five pairs of muscles. The trapezius runs down from the neck and covers the upper back in a triangular shape, tapering to a point at the midline. It elevates, depresses, and retracts the scapula and rotates it superiorly (upward). The powerful latissimus dorsi is a fan-shaped sheet of muscle extending from the vertebral column to the humerus. It extends the arm and rotates the arm medially. Smaller muscles run between the spine and the scapula; both the rhomboid major and minor muscles retract, elevate, and rotate the scapula; and the levator scapulae elevates the scapula.

Muscles of the Thorax and Abdomen

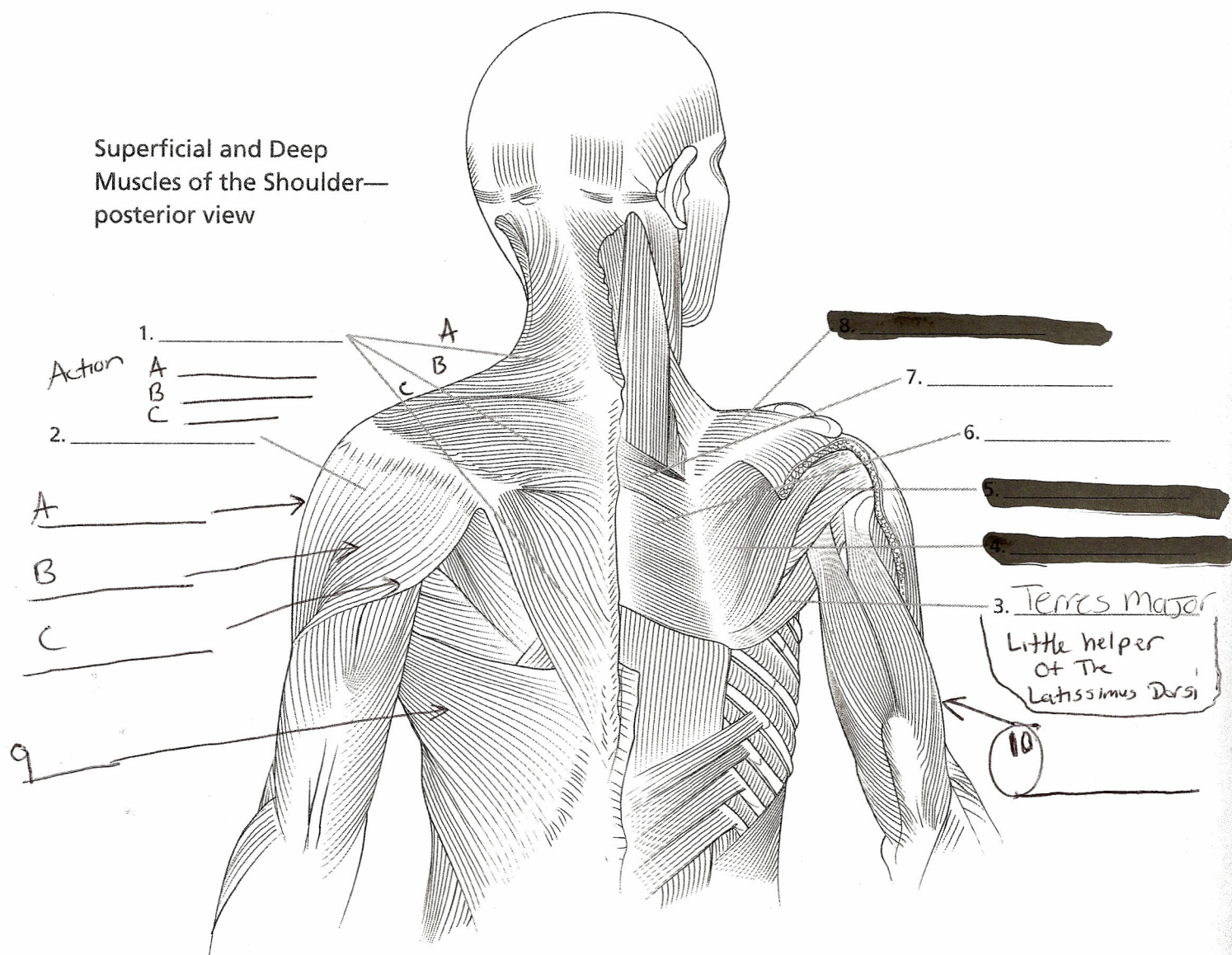
Superficial and Deep Muscles
of the Thorax and Abdomen—
anterior view



The muscles of the thorax and abdomen play a role in the breathing process and in body movement. The muscles of the abdomen also provide support to the internal organs. The muscles are the pectoralis major and minor, rectus abdominis, external and internal intercostals, external and internal obliques, and transversus abdominis.

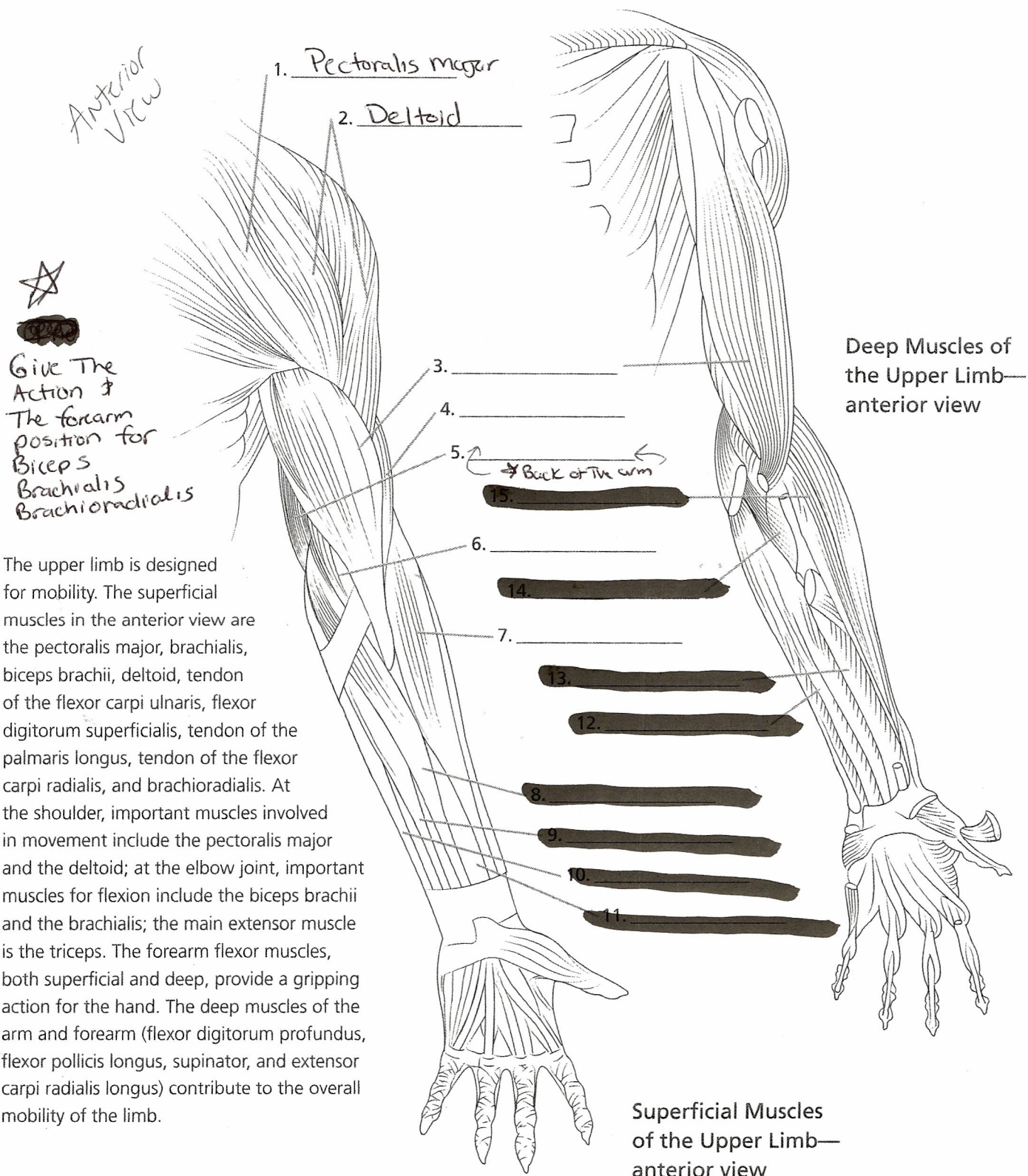
Muscles of the Shoulder

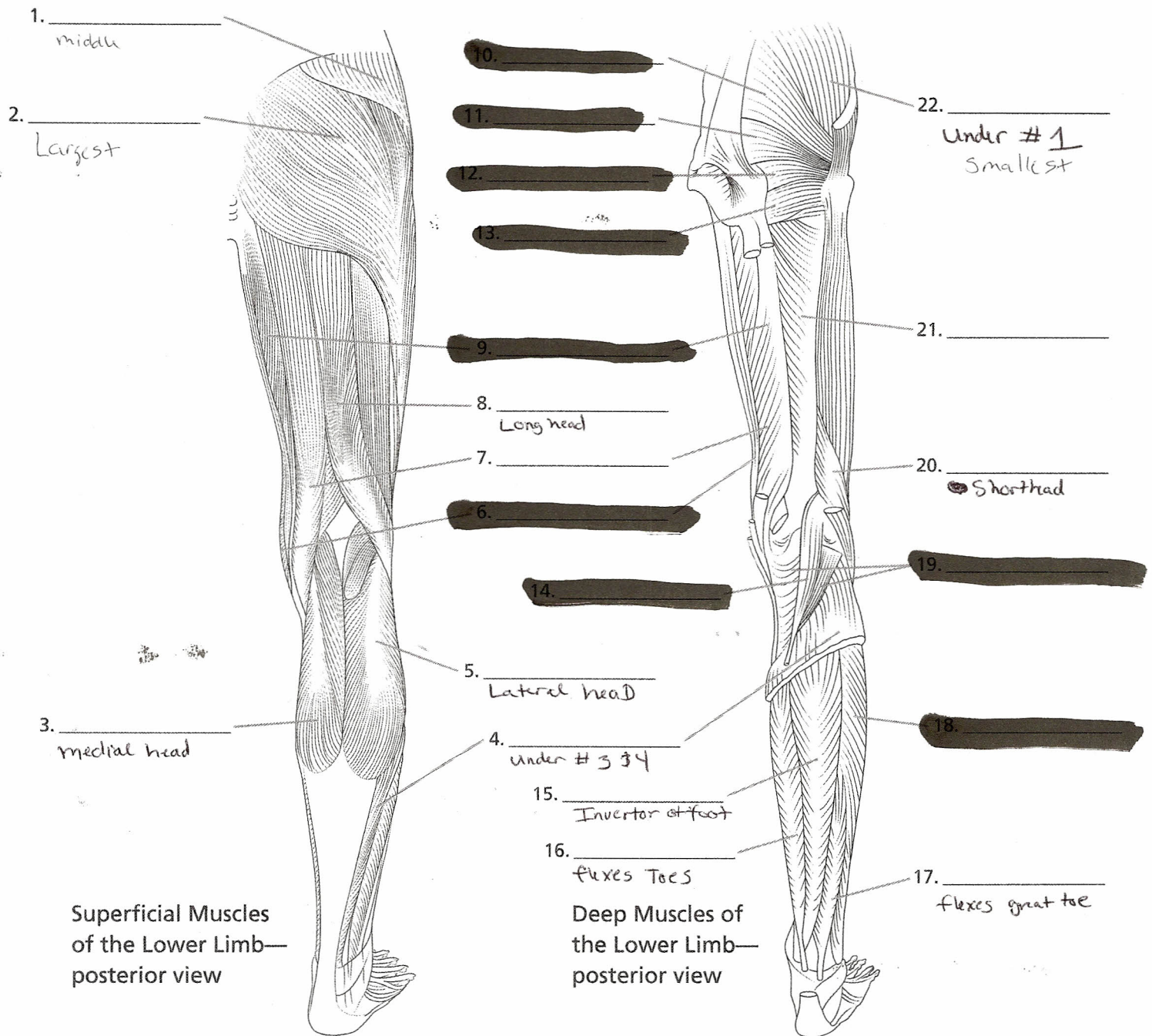
Superficial and Deep
Muscles of the Shoulder—
posterior view



The pectoral girdle has two groups of muscles: one group attaches the humerus to the shoulder girdle, and the other attaches the shoulder girdle to the trunk. The trapezius, deltoid, and latissimus dorsi are superficial muscles; the infraspinatus, rhomboid major and minor, and supraspinatus are deep muscles. The trapezius arises at the occipital bone and spinous processes from the lowest cervical vertebra to the lowest thoracic vertebra (C7–T12) and inserts at the clavicle and acromion and spine of the scapula; the deltoid arises at the clavicle and acromion and spine of the scapula and inserts at the deltoid tuberosity of the humerus; the latissimus dorsi arises at the spinous processes of the lower vertebrae, thoracolumbar fascia, and rib pairs 8–12 and inserts at the intertubercular groove of the humerus; and the infraspinatus and supraspinatus arise at the scapula and insert at the greater tubercle of the humerus. The rhomboid major arises at the spinous processes of thoracic vertebrae T2–T5; the rhomboid minor arises at the spinous processes of the last cervical vertebra and first thoracic vertebra (C7–T1); and both insert at the medial border of the scapula.

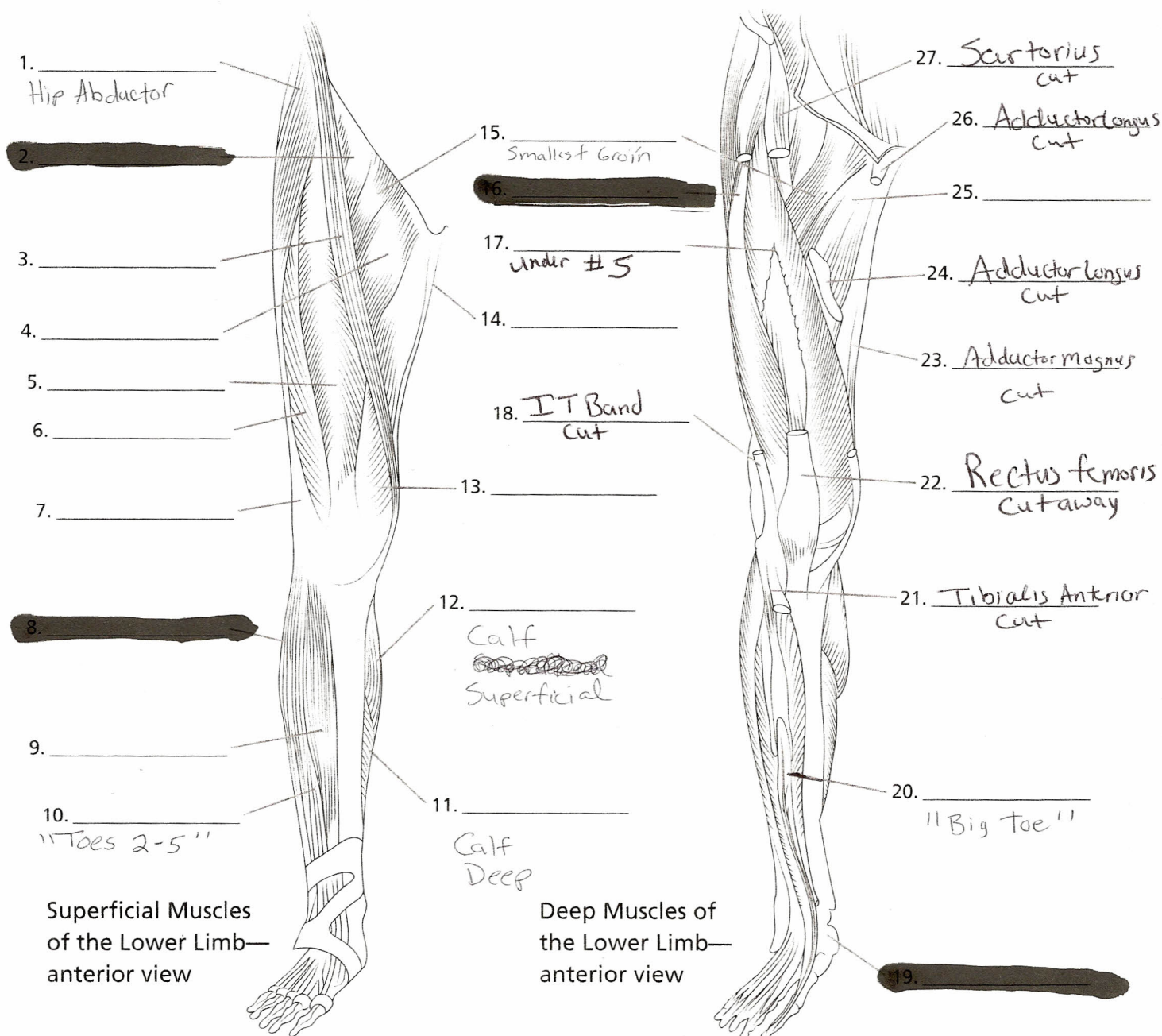
Muscles of the Upper Limb



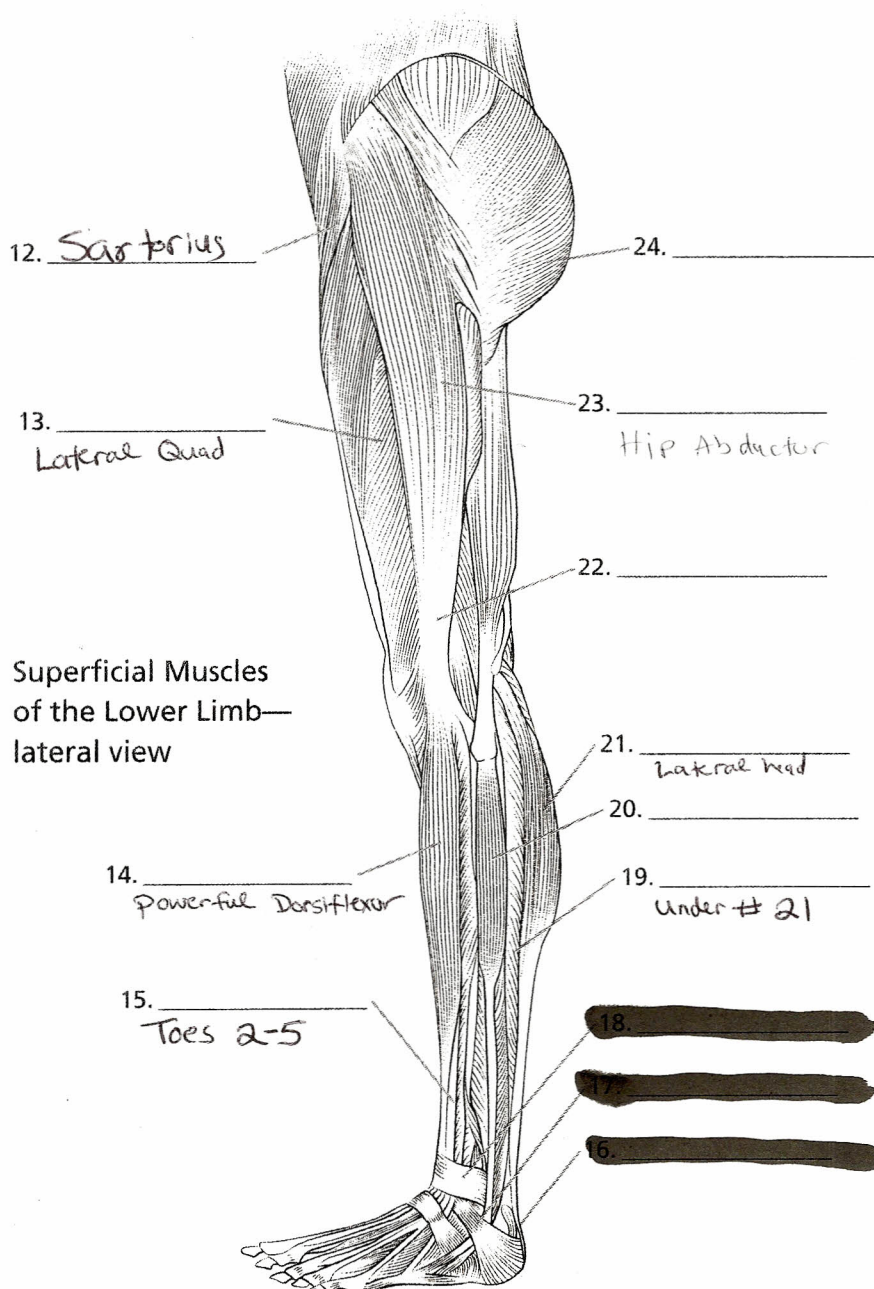


Powerful superficial muscles surround and stabilize the hip region; the gluteal region is dominated by the gluteus maximus, the largest muscle in the body. The hamstring muscles in the posterior compartment of the thigh include the semimembranosus, semitendinosus, and the long head of the biceps femoris, which together extend the hip joint and flex the knee joint. The superficial group of the posterior compartment of the calf region contains the powerful gastrocnemius and soleus muscles, both critical for pushing off from the ground. The medial compartment of the thigh contains the adductor muscles, which pull the leg toward the midline. In the posterior compartment of the calf, the deep group of muscles pass behind the ankle joint and attach to the bones of the foot. The largest of these, the flexor hallucis longus, is critical to pushing off from the big toe during walking.

Muscles of the Lower Limb



The superficial muscles of the lower limb are powerful and participate in locomotion. The quadriceps femoris muscle forms the major muscle mass of the front and outer side of the thigh. Its four parts are the rectus femoris, vastus lateralis, vastus medius, and vastus intermedius. The anterior compartment of the leg contains the muscles that move the foot upward (dorsiflex the ankle). The lateral compartment contains the fibularis longus and fibularis brevis muscles, which are responsible for turning the sole of the foot outward (eversion). The deep muscles of the thigh include the adductor muscles (adductor magnus, adductor longus, and adductor brevis). The muscles act to rotate, flex, and adduct the thigh. The extensor muscles (extensor hallucis longus and extensor digitorum longus) are the deep muscles of the leg, acting to extend the foot at the ankle (plantarflex the ankle) and the toes.



Superficial Muscles
of the Lower Limb—
lateral view

The thigh is divided into three compartments: anterior, medial, and posterior. The anterior compartment is the location of the muscles that flex the hip and/or extend the knee. The muscles of the medial compartment adduct the knee. The muscles of the posterior compartment extend the hip and/or flex the knee. The transverse section shows the superficial and deep muscles found in the thigh region. The thigh contains the quadriceps, hamstring, and adductor muscles. The lateral view of the muscles of the lower limb shows the sartorius, quadriceps (vastus lateralis), tibialis anterior, extensor digitorum longus, gluteus maximus, iliotibial tract, lateral head of the gastrocnemius, fibularis longus, soleus, superior extensor retinaculum, inferior extensor retinaculum, Achilles tendon, and superior fibularis retinaculum.